

Accepted Manuscript

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PII: S0963-9969(10)00128-6
DOI: [10.1016/j.foodres.2010.04.024](https://doi.org/10.1016/j.foodres.2010.04.024)
Reference: FRIN 3192

To appear in: *Food Research International*

Received Date: 18 February 2010

Accepted Date: 28 April 2010

Please cite this article as: Francisco, M., Velasco, P., Moreno, D.A., Garcia-Viguera, C., Cartea, a.E., Cooking methods of Brassica rapa affect the preservation of glucosinolates, phenolics and vitamin C, *Food Research International* (2010), doi: [10.1016/j.foodres.2010.04.024](https://doi.org/10.1016/j.foodres.2010.04.024)



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**Cooking methods of Brassica rapa affect the preservation of
glucosinolates, phenolics and vitamin C**

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18 **ABSTRACT**

19 Cooking *Brassica* vegetables as a domestic processing method has a great
20 impact on health- promoting bioactive compounds: glucosinolates (GLS), flavonoids,
21 hydroxycinnamic acids, and vitamin C. In Galicia (NorthWestern Spain), one of the
22 most consumed horticultural crops is *Brassica rapa*, by using the leaves (turnip greens)
23 and the young sprouting shoots (turnip tops) in different culinary preparations. In order
24 to determine the effect of cooking, on turnip greens and turnip tops, bioactive GLS,
25 flavonoids, hydroxycinnamic acids and vitamin C were analysed and simultaneously
26 determined. The level of retention of each individual compound after cooking
27 procedures was evaluated in the edible organs, and we also in the cooking water, in
28 order to compare their composition to a fresh uncooked control. Steaming, conventional
29 boiling, and high-pressure cooking, traditional processing methods of this kind of
30 vegetables, were the three domestic processing methods used in this work. Results
31 showed that total GLS and phenolics were significantly affected by the cooking
32 procedure and the loss rate varied among individual compounds. Steaming was the
33 method that better preserved GLS and phenolic compounds. Conventional boiling and
34 high-pressure cooking methods presented similar rate of losses of total GLS content
35 (64%) and total phenolic content (more than 70%). Degradation among glucosinolate
36 classes, aliphatic or indolic, was similar. The total flavonoids lost in turnip greens were
37 64% and 67% for conventional boiling and high-pressure, respectively. The main losses
38 were caused by leaching into the cooking water. The concentration of vitamin C
39 suffered a drastic loss in the process of sample handling and after cooking. Despite the
40 fact that any cooking procedure affected negatively the nutritional composition of the
41 turnip greens and tops, our results showed high retentions of individual compounds in
42 steaming, and the lowest retentions were obtained in the traditional high-pressure

43 cooking. High retention of health-promoting compounds in the cooking water should be
44 considered for increasing the intake of properties of *Brassica rapa*.

45 **Keywords:** *Brassica rapa*; domestic processing, steaming, boiling, high-pressure

46 cooking; glucosinolates; flavonoids; hydrocinnamic acids; vitamin C

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47 1. INTRODUCTION

48 The *Brassicaceae* family includes a wide range of horticultural crops, many of
49 them with economic significance and extensively consumed as commodities and used in
50 the industry worldwide. *Brassica rapa* is one of the oldest cultivated vegetables that has
51 been used for human consumption since prehistoric times (Liang, Kim, Lefeber,
52 Erkelens, Choi & Verpoorte, 2006) which comprises several morphologically diverse
53 crops, including Chinese cabbage, pak choi, turnip and broccoletto, as well as oilseeds
54 that include yellow and brown sarsons (Gómez-Campo, 1999). In the coldest regions of
55 Portugal and Spain the edible parts of *B. rapa* includes turnip greens and turnip tops for
56 culinary profit as well as turnips for fodder (Padilla et al., 2005) and they constitute a
57 unique supply of vegetables during the winter (Rosa, 1997). Turnip greens are the
58 leaves harvested in the vegetative period while turnip tops are the fructiferous stems
59 with the flower buds and the surrounding leaves which are consumed before opening
60 and while still greens. Turnip edible parts are commonly consumed as a boiled
61 vegetable generally as meat companions.

62 The consumption of *Brassica* vegetables has been related to human health and
63 to reduction of the risk of certain cancers and cardiovascular diseases. This association
64 is often attributed to the presence of glucosinolates (GLS), phenolic compounds and
65 vitamins (Podsdek, 2007; Sies & Stahl, 1995; Traka & Mithen, 2009; Verhoeven,
66 Verhagen, Goldbohm, vandenBrandt & vanPoppel, 1997).

67
68 Thermal treatment causes denaturation of enzymes that can catalyse breakdown
69 of nutrients and phytochemicals. When *Brassica* vegetables are chewed or cut, tissues
70 will disrupt and the GLS will come into contact with myrosinase (thioglucoside
71 glucohydrolase EC 3.2.1.147), leading the conversion to isothiocyanates, nitriles,

thiocyanates, epithionitriles, oxazolidine-2-thiones, and epithioalkanes (Grubb & Abel, 2006). The number of hydrolysis products, mostly formed simultaneously during storage and processing, as well as the myrosinase activity of the intestinal microbial flora may affect to the total content and bioavailability of these compounds (Verkerk et al., 2009).

It has been generally shown that conventional cooking methods such as boiling, steaming, pressure cooking and microwaving reduce the intake of glucosinolates by approximately 30 to 60%, depending on the method, intensity and type of compound (Rangkadilok et al., 2002; Rodrigues & Rosa, 1999; Verkerk & Dekker, 2004; Verkerk, Dekker & Jongen, 2001). Some reports have focused mainly on the preservation of phenolic compounds in broccoli and vitamin C in broccoli and Brussels sprouts (Czarniecka-Skubina, 2002; Howard, Wong, Perry & Klein, 1999; Vallejo, Tomás-Barberán & García-Viguera, 2003; Zhang & Hamauzu, 2004). These studies reported that steaming led to the retention of the highest levels of flavonoids and hydroxycinnamic acids in broccoli. On the contrary, cooking from 3 to 15 min by microwave and conventional boiling caused losses on phenolic content approximately 30 to 90%. Related to vitamin C were reported losses from 3 to 10% after cooking Brussels sprouts in a microwave oven and pressure cooker (Czarniecka-Skubina, 2002). Conventional cooking in broccoli florets at 0.5, 1.5 and 5 min caused loss by 19.2%, 47.5%, and 65.9% of vitamin C, respectively (Zhang & Hamauzu, 2004).

At the Misión Biológica de Galicia (CSIC), a collection of local varieties of *B. rapa* [*rapa* group] is kept as part of the *Brassica* genus germplasm bank. In previous reports, this collection was evaluated based on nutritional traits (Francisco, Moreno, Cartea, Ferreres, García-Viguera & Velasco, 2009; Padilla, Cartea, Velasco, de Haro & Ordas, 2007). Since these crops are thermally processed prior to consumption, the objective of

97 this study was to determine the changes on the content of total and individual GLS,
98 flavonoids, hydroxycinnamic acids and vitamin C in a representative set of turnip
99 greens and turnip tops with three different cooking methods: high-pressure cooking,
100 steaming and conventional boiling.

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101 2. MATERIAL AND METHODS

102 **2.1. Plant material.** Five local varieties of *B. rapa* were evaluated in this study. From
 103 these, four varieties were chosen based on their agronomic performance for turnip tops
 104 and/or turnip greens and one variety derived from three cycles of masal selection by
 105 fresh yield. The varieties were evaluated in 2007 at two environments in northwestern
 106 Spain: Oroso (A Coruña) (43°1'N, 8°26'W, 280 m.a.s.l.) and Guitiriz (Lugo) (43°12'N,
 107 7°53'W, 516 m.a.s.l.). Both environments represent standard *B. rapa* production areas
 108 in NW Spain. The varieties were planted in multipot-trays and seedlings were
 109 transplanted into the field at the five or six leaves stage. Transplanting dates were on the
 110 01th and 04th September in Oroso and Guitiriz, respectively. Varieties were
 111 transplanted in a randomized complete block design with three replications. The
 112 experimental plots consisted of three rows with 10 plants per row. Rows were spaced
 113 0.8 m apart and plants within rows 0.5 m apart. Cultural operations, fertilization, and
 114 weed control were made according to local practices. Leaf harvest ranged from 44 to 64
 115 days after planting while sprouting shoot harvest ranged from 127 to 229 days after
 116 planting according to the maturity cycle of each variety at the optimum time for
 117 consumption.

118 **2.2. Processing.** Three different cooking methods were tested: conventional boiling,
 119 steaming and high-pressure cooking. A total of 1.5 Kg of leaves (turnip greens) and
 120 sprouting shoots (turnip tops) of each variety and environment were randomly selected.
 121 Samples were immediately transported on ice to the laboratory, where they were
 122 vacuum packed, frozen, and stored for further cooking. For turnip greens, three cooking
 123 procedures were carried out replicated two times in each variety sample and
 124 environment. For turnip tops, only samples from Lugo were used due to low yields from
 125 Santiago and two methods were performed (conventional boiling and steaming). Each

sample was divided in several portions of 150 g for subsequent cooking and the analysis of health-promoting bioactives. For each variety, two portions of 150g were kept as uncooked fresh control. The cooking settings (time, temperature and water) were chosen according to recipes. For conventional boiling, fresh portion was added to 1500 mL of boiling water and cooked for 15 min. For high-pressure cooking, the leaves were fully dipped in 1500 mL of cold water and cooked during 5 min under high-pressure in a pressure cooker (FagorTM Rapid-Express, Fagor Electrodomésticos S.C., Mondragon, Guipuzkoa, Spain). For steaming, the portion of vegetable was placed on a steaming rack over boiling water in a closed water bath (1500 mL) during 15 min. Of each method, 45 mL of the cooking water was kept for further analysis. After cooking and drained, cooked portions, water samples and fresh control were flash frozen using liquid N₂ and kept at -80 °C prior to their lyophilization (Christ Alpha 1-4D, Christ, Osterode am Harz, Germany). The dried material was powdered using an IKA-A10 (IKA-Werke GmbH and Co.KG) mill and the powder was used for analysis.

2.3. Extraction and determination of GLS and phenolic compounds. The HPLC gradient for glucosinolate and phenolic analyses is a multi-purpose chromatographic method that simultaneously separates glucosinolates and phenolics (Bennett et al., 2003) and it was recently applied to Galician turnip tops and greens (Francisco, Moreno, Cartea, Ferreres, García-Viguera & Velasco, 2009). Briefly, a portion of 150 mg of each sample were extracted in 4 mL of 70% MeOH at 70 °C for 30 min with vortex mixing every 5 min to facilitate the extraction. The samples were centrifuged (13000g, 15 min), and 1 mL of supernatant was collected to completely remove methanol using a sample concentrator (DB-3D, Techne, UK) at 70 °C. The dry material obtained was redissolved in 1mL of ultrapure water and filtered through a 0.20 µm

151 syringe filters (Acrodisc® Syringe Filters, Pall Life Sciences). Chromatographic
 152 analyses were carried out on a Luna C18 column (250 mm × 4.6 mm, 5 µm particle
 153 size; Phenomenex, Macclesfield, UK). The mobile phase was a mixture of (A) ultrapure
 154 water/trifluoro acetic acid (TFA) (99.9:0.1) and (B) methanol/TFA (99.9:0.1). The flow
 155 rate was 1 mL min⁻¹ in a linear gradient starting with 0% B at 0–5 min, reaching 17% B
 156 at 15–17 min, 25% B at 22 min, 35% B at 30 min, 50% B at 35 min, 99% B at 50 min
 157 and at 55–65 min 0% B. The injection volume was 20 µL and chromatograms were
 158 recorded at 330 nm for phenolics derivatives and 227 nm for GLS in a Model 600
 159 HPLC instrument (Waters) equipped with a Model 486 UV tunable absorbance detector
 160 (Waters). Glucosinolates were quantified using sinigrin (sinigrin monohydrate from
 161 Phytoplan, Diehm and Neuberger GmbH, Heidelberg, Germany) as standard. Caffeoyl-
 162 quinic and p-coumaroyl-quinic acids derivatives were quantified as chlorogenic acid (5-
 163 caffeoyl-quinic acid, Sigma-Aldrich Chemie GmbH, Steinheim, Germany), flavonoids
 164 as kaempferol 3-rutinoside (Extrasynthese, Genay, France) and sinapic acid and
 165 derivatives as sinapic acid (Sigma).

166

167 **2.4. Extraction and determination of vitamin C.** Ascorbic (AA) and dehydroascorbic
 168 (DHAA) acid contents were determined as described by Zapata and Dufour (1992) with
 169 some modifications (Gil, Ferreres & Tomas-Barberan, 1999; González-Molina, Moreno
 170 & García-Viguera, 2008). For the determination in fresh, 5 g of fresh weight sample
 171 were homogenised in a an Ultra-Turrax T25 (Janke & Kunkel, Germany) for 30 s on an
 172 ice bath with 20 mL extractant solution, consisting of MeOH and H₂O (5:95), and 2.1%
 173 (v:v) dissolved citric acid, 0.05% (v:v) EDTA, and 0.01% (v:v) NaF. For freeze-dried
 174 samples 50 mg were homogenized in a vortex stirrer for 20 s with 10 mL of extractant
 175 solution. The homogenate was filtered through a four-layer cheesecloth. The extract (1

176 mL) was centrifuged (3600g for 15 min at 4 °C), and the supernatant was recovered and
 177 filtered through a C18 Sep-Pack cartridge (Waters, Milford, MA) previously activated
 178 with 10 mL of methanol followed by 10 mL of deionized water, and then 10 mL of air.
 179 The collected extract was filtered through a 0.45 µm polyethersulfone filter (Millex-HV,
 180 Millipore, Bedford, MA). Then, 250 µL of 1,2-phenylenediamine dihydrochloride
 181 (OPDA) solution (18.8 mM) were added to 750 µL of extract for dehydroascorbic acid
 182 derivatization into the fluorophore 3-(1,2-dihydroxyethyl)furo[3,4-b]quinoxaline-1-one
 183 (DFQ). After 37 min in darkness, the samples were analyzed by HPLC. Ascorbic acid
 184 and dehydroascorbic acid was evaluated using an HPLC system (Merck-Hitachi, Tokyo,
 185 Japan), equipped with a L-6000 pump, injection valve and sample loop 20 µL
 186 (Rheodyne, CA, USA) and coupled to a L-4000 UV detector. Samples were analysed
 187 on a Lichrospher 100 RP-18 reversed-phase column (250 x 4mm, particle size 5 µm)
 188 (Teknokroma, Barcelona, España) with a C₁₈ precolumn (Teknokroma, Barcelona,
 189 España). The mobile phase was MeOH/H₂O (5:95, v/v), 5 mM cetrimide, and 50 mM
 190 KH₂PO₄ (pH = 4.59). The flow rate was kept at 0.9 mL min⁻¹. The detector wavelength
 191 was initially set at 348 nm, and after DFQ eluted, it was manually shifted to 261 nm, for
 192 ascorbic acid detection. L-AA y el L-DHAA were identified and quantified by
 193 comparison with pattern areas from L-AA and L-DHAA.

194
 195 **2.5. Statistical analyses.** All analyses were made separately for each plant organ (turnip
 196 greens and turnip tops). The content of each metabolite (individual and total GLS and
 197 phenolic compounds) was determined in two ways: i) in the fresh (raw) and cooked
 198 vegetable tissue and ii) in the sum in the cooked vegetable tissue plus the cooking water
 199 (CW). Individual analyses of variance were performed for each compound. Varieties
 200 were considered as random factors. Comparison of means among cooking methods was

201 made by Fisher's protected least significant difference (LSD) at $P=0.05$ (Steel, Torrie &
202 Dickey, 1997). All statistical analyses were made using SAS (SAS Institute, 2007).

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203 3. RESULTS AND DISCUSSION

204

205 3.1. Effect of cooking on total and individual glucosinolates (GLS)

206 3.1.1. Effect on vegetable tissues

207 Total GLS content in *B. rapa* varieties was very similar in both organs (12.99 $\mu\text{mol/g}^{-1}$
 208 dw in fresh turnip greens and 12.84 $\mu\text{mol/g}^{-1}$ dw in fresh turnip tops). Seven major GLS
 209 were found in both organs: progoitrin (PRO), gluconapin (GNA), glucobrassicinapin
 210 (GBN), 4-hydroxyglucobrassicin (4-OHGBS), glucobrassicin (GBS), neoglucobrassicin
 211 (NGBS) and gluconasturtiin (GNT). Aliphatic GLS were the most abundant (66% of
 212 total GLS) followed by indolic (25%) and aromatic (9%). In agreement with data
 213 published by other authors (Francisco, Moreno, Cartea, Ferreres, García-Viguera &
 214 Velasco, 2009; Kim, Kawaguchi & Watanabe, 2003; Padilla, Cartea, Velasco, de Haro
 215 & Ordas, 2007) the predominant GLS in *B. rapa* crops was GNA, which represents 51%
 216 and 77% of total GLS and total aliphatic contents, respectively.

217 In turnip greens, significant differences among cooking methods were found for
 218 all GLS ($P \leq 0.01$). Varieties did not show any significant differences among them. The
 219 variety \times cooking method interaction was not significant for any GLS, which is
 220 indicative of the stability of different genotypes. In the same way, in turnip tops,
 221 significant differences among cooking methods were found for total GLS content ($P \leq$
 222 0.01) as well as for most of the individual GLS. Varieties were significantly different
 223 for GBS and total GLS content. Differences in harvest time according to the maturity
 224 state of each variety could influence the final content of GLS. No GLS showed any
 225 significant variety \times cooking method interaction.

226 Total and individual GLS concentrations were significantly reduced by the
 227 cooking method used and these losses were similar in turnip greens and turnip tops

(Table 1, Figure 1). Conventional boiling and high-pressure methods presented similar loss rate, by about 64% of total GLS content in comparison with fresh samples. Rosa and Heaney (1993) and Pereira et al. (2002) found losses from 40 to 80% of total GLS in Portuguese cabbage after boiling. Similar degradation rates of total GLS contents (58-77%) were described by Song and Thornalley (2007) after boiling different brassicas during 30 min. Ciska and Kozłowska (2001) also observed a time course decrease of GLS content from 35% after 5 min of cooking to 87% after 30 min in white cabbage. In coincidence with previous results in broccoli (Vallejo, Tomás-Barberán & García-Viguera, 2002; Volden, Wicklund, Verkerk & Dekker, 2008), in the present work the steaming method was found to be the preferred cooking method for better preservation (or higher level of retention of) individual GLS content, because the losses ranged only by 9% in turnip greens and 21% in turnip tops (Figure 1).

After cooking, the relative distribution of the three classes of GLS (aliphatic, indolic, and aromatic) did not change (Table 1). In turnip greens, the total aliphatic GLS content was reduced by 14% in steamed, a 60% in conventional boiling, and by 61% in high-pressure cooking. Similarly, in turnip tops, the aliphatic GLS content reductions were 25% in steamed, and 63% in conventional boiling. In turnip greens, total indole GLS content was reduced by about 60%, both after high-pressure and conventional boiling cooking, while in boiled turnip tops this loss was a 52%. Aliphatic GLS are generally reported as being more thermostable than indole GLS and under different cooking treatments (Ciska & Kozłowska, 2001; Goodrich, Anderson & Stoewsand, 1989; Vallejo, Tomás-Barberán & García-Viguera, 2002). However, in this work we found similar degradation rates between total aliphatic and total indole GLS even though the loss rates varied among individual GLS. GNA, the most abundant aliphatic GLS, was reduced after steaming by 14% and 23% in turnip greens and turnip tops,

253 respectively, while it was reduced about 60% after high-pressure and conventional
 254 boiling cookings in both turnip tissues (Figure 1). Loss rates of PRO were notably
 255 higher in turnip greens than in turnip tops. The greatest reductions after high-pressure
 256 and conventional boiling were found for two indolic GLS (4-OHGBS and GBS) and for
 257 the aromatic GNT with losses close to 100%. Other authors found that GBS, PRO and
 258 4-OHGBS are very susceptible to heat treatments showing a great reduction after
 259 cooking (Rosa & Heaney, 1993; Volden, Wicklund, Verkerk & Dekker, 2008). In the
 260 edible part of steamed turnip greens, we found an increase of 85% on the initial value of
 261 the indolic 4-OHGBS. The increase of GLS levels after steaming was reported
 262 previously (Gliszczynska-Swiglo, Ciska, Pawlak-Lemanska, Chmielewski, Borkowski
 263 & Tyrakowska, 2006) and also Verkerk and Dekker (2004) found more than 70%
 264 higher levels of indolic GLS after microwave treatment who explained it by an increase
 265 in chemical extractability from the plant tissue after heating.

266

267 3.1.2. Effect on the summatory of vegetable tissues and cooking water (CW)

268 Glucosinolates are water-soluble compounds and are usually lost during
 269 conventional cooking because of leaching into surrounding water due to cell lysis.
 270 Analysis of the water remains after boiling indicated that all GLS were leached out into
 271 the cooking water (CW). The analysis of GLS in CW of turnip greens and CW of turnip
 272 tops showed significant differences among cooking methods for total GLS content ($P \leq$
 273 0.01) as well as for some GLS. Other GLS did not show any significant differences
 274 among cooking methods indicating low or no degradation of these compounds.

275 After steaming, total GLS content of CW in both plant organs was not
 276 significantly different from the total GLS content in fresh vegetables (Table 2, Figure
 277 2), which means that the amounts of GLS recovered were not significantly different

278 from the initial GLS content of the fresh vegetable. On the contrary, after conventional
 279 boiling and high-pressure, there were recovered 67% and 52%, respectively of the total
 280 GLS content in fresh turnip greens (Table 2, Figure 2). In turnip tops, this recovery was
 281 62% after conventional boiling (Table 4, Figure 2). The most stable GLS in both plant
 282 organs after cooking were GBN, 4-OHGBS and NGBS. In turnip greens, total
 283 recoveries of compounds with the largest reductions i.e. PRO, GBS and GNT were
 284 35%, 41%, and 13%, respectively after conventional boiling, and 67%, 29%, and 4%
 285 after high pressure cooking. Different behaviour was found for 4-OHGBS, which
 286 suffered high reductions after cooking and it was recovered completely into the cooking
 287 water. In turnip tops, the highest loss after conventional boiling was detected in GNT
 288 which was recovered only 21%. These results are not consistent with other studies in
 289 which recoveries were over 80% for all GLS (Rosa & Heaney, 1993; Vallejo, Tomás-
 290 Barberán & García-Viguera, 2002; Volden, Wicklund, Verkerk & Dekker, 2008). GLS
 291 losses can be explained because the breakdown of cellular membranes during cooking
 292 allows the contact between glucosinolates and myrosinase. The myrosinase mediated
 293 hydrolysis of glucosinolates generates an unstable aglycone intermediate,
 294 thiohydroxamate-O-sulfonate, which is immediately converted to a wide range of
 295 bioactive metabolites, including isothiocyanates, thiocyanates, nitriles and oxazolidines
 296 (Bones & Rossiter, 1996; Fenwick, Heaney & Mullin, 1983). Some of them are volatile
 297 metabolites associated with the typical bitter and hot flavour of *Brassica* foods
 298 (Fenwick, Heaney & Mullin, 1983). Isothiocyanates and indoles exhibit protective
 299 activities against many types of cancer in humans (Fahey, Zalcmann & Talalay, 2001;
 300 Mithen, Faulkner, Magrath, Rose, Williamson & Márquez, 2003; Zhang & Talalay,
 301 1994).

302

303 3.2. Effect of cooking on phenolic compounds

304 3.2.1. Effect on vegetable tissues

305 The HPLC-DAD analysis allowed the quantification of 14 phenolic compounds
 306 including flavonoids, quinic acid derivatives and sinapic acids derivatives: kaempferol-
 307 3-O-sophoroside-7-O-glucoside (F1); kaempferol-3-O-(caffeoyl)sophoroside-7-O-
 308 glucoside (F2); kaempferol-3-O-(sinapoyl)sophoroside-7-O-glucoside (F3);
 309 kaempferol-3-O-(feruloyl)sophoroside-7-O-glucoside (F4); kaempferol-3-O-(*p*-
 310 coumaroyl)sophoroside-7-O-glucoside (F5); kaempferol-3,7-di-O-glucoside (F6);
 311 isorhamnetin-3,7-di-O-glucoside (F7); 3-caffeoyl quinic acid (3CQAc); 3-*p*-coumaroyl
 312 quinic acid (3*p*CoQAc); sinapic acid (SA); 1,2-disinapoylgentiobioside (A1); 1-
 313 sinapoyl-2-feruloylgentiobioside (A2); 1, 2, 2'-trisinapoylgentiobioside (A3); 1,2'-
 314 disinapoyl-2-feruloylgentiobioside (A4). Results of total phenolic content revealed
 315 higher amount of these compounds in turnip greens ($31.51 \mu\text{mol/g}^{-1} \text{ dw}$), than in turnip
 316 tops ($14.80 \mu\text{mol/g}^{-1} \text{ dw}$). These differences are probably due to the high amount of SA
 317 in turnip greens, compound present in lower quantities in turnip tops. Total phenolic
 318 content found in our study was similar to those found in turnip tops by other authors
 319 (Fernandes, Valentão, Sousa, Pereira, Seabra & Andrade, 2007; Francisco, Moreno,
 320 Cartea, Ferreres, García-Viguera & Velasco, 2009; Sousa et al., 2008).

321 In turnip greens, the analysis of variance showed significant differences among
 322 cooking methods ($P \leq 0.01$) for all of the flavonoids and hydroxycinnamic acids
 323 evaluated. No significant differences among varieties were found for any compound.
 324 Variety \times cooking method interaction was significantly different ($P \leq 0.01$) for A1, total
 325 quinic acids derivatives, total phenolics and 3CQAc may be due to similar degradation
 326 rates found between high-pressure and conventional boiling methods. In turnip tops, the
 327 analysis of variance for phenolic compounds showed significant differences between

328 cooking methods for total phenolic compounds and for most individual compounds ($P \leq$
 329 0.05). No significant differences among varieties were found for any compound. Variety
 330 \times cooking method interaction was significantly different ($P \leq 0.01$) for F2, F6 and A4.

331 After cooking, total phenolics content in turnip greens was reduced in 15%, 75%
 332 and 72% in steaming, high-pressure and conventional boiling, respectively (Figure 1).
 333 In turnip tops, total phenolics were reduced 35% in steaming and 73% in conventional
 334 boiling (Figure 1). During steaming, the temperature is lower than in the other two
 335 methods and the edible portions were not into contact with the cooking water.
 336 Therefore, the phenolic content was less affected. In agreement with Wachtel-Galor et
 337 al. (2008), boiling and high-pressure cooking had strong effects on total phenolics
 338 content (Table 1). The depletion of total phenolics content after cooking could be due to
 339 their breakdown or by leached into the cooking water (Vallejo, Tomás-Barberán &
 340 García-Viguera, 2003).

341 The amount of favonoid glycosides lost in the cooked tissue of turnip greens
 342 were 5%, 64% and 67% for steaming, conventional boiling and high-pressure,
 343 respectively. In turnip tops, the loss of flavonoid glycosides was a 36% after steaming
 344 and a 72% after conventional boiling (Figure 1). Our results indicate higher levels of
 345 total flavonoids in the edible part after cooking than those previously reported by Price
 346 et al. (1998) and Vallejo et al. (2003) which found that boiled broccoli lost a 80% of its
 347 initial flavonoid content. This better retention in turnip could be explained by the
 348 different flavonoid profile of *B. oleracea* and *B. rapa*. The studies mentioned before are
 349 focused on total phenolic content on broccoli but, as far as we are aware, there are no
 350 data available about rates of degradation on individual flavonoids presents on brassica
 351 vegetables after domestic cooking. Regarding to individual flavonoids, in the present
 352 work we focused on the study of seven major flavonoids of *B. rapa* (Table 1).

Compounds F1, F2, F3, F4, F5 and F6 are flavonoids derivatives from kaempferol that have been described in other brassica vegetables such as cabbage, pak choi and broccoli (Ferrerres et al., 2006; Harbaum, Hubbermann, Wolff, Herges, Zhu & Schwarz, 2007; Vallejo, Tomas-Barberan & Ferreres, 2004). Compound F7 is a flavonoid derived from isorhamnetin that was described in high quantities in *B. rapa* crops (Francisco, Moreno, Cartea, Ferreres, García-Viguera & Velasco, 2009).

Results showed that the same cooking method have different effects on different types of flavonoids, even within the same class. Besides, the loss rates of individual flavonoids varied among cooking methods and plants stages. High losses, from 80 to 90% were detected on F5 after high-pressure and conventional boiling. Compound F3 has different behavior between cooking methods. After conventional boiling more than 86% of F3 was lost, however after high-pressure the same compound was the less reduced, only by 47%. In turnip greens F6 and F7 showed good retention levels with losses between 55-60% after both cooking methods, conventional boiling and high-pressure. After steaming, low hydroxycinnamic acid levels were lost in both plant organs, between 0 and 15% of total quinic acids derivatives and between 22 and 35% of total sinapic acid derivatives (Figure 1). These minor losses could be due because during steaming inactivation of oxidative enzymes occurs (Vallejo, Tomás-Barberán & García-Viguera, 2003). By contrast, high-pressure and conventional boiling produced losses close to 100% of total quinic acids derivatives in turnip greens (Table 1, Figure 1). In turnip tops, 3CQAc and 3pCoQAc did not show significant losses after conventional boiling. Total sinapic derivatives were lost about 80% in both organs after high-pressure and conventional boiling (Table 1, Figure 1). The loss rates of hydroxycinnamic acids found in this work were higher than those reported in boiled broccoli by other authors (Gliszczynska-Swiglo, Ciska, Pawlak-Lemanska,

378 Chmielewski, Borkowski & Tyrakowska, 2006; Price, Casuscelli, Colquhoun &
 379 Rhodes, 1998; Vallejo, Tomás-Barberán & García-Viguera, 2003). In plants, phenolic
 380 compounds occur in soluble forms as well as in combination with cell wall components.
 381 Hence, large surface area in contact with the cooking water at high temperature and the
 382 long cooking time may have been responsible of the disruption of the cell walls and the
 383 compound breakdown causing greater losses of these compounds.

384

385 3.2.2. Effect on the summatory of vegetable tissues and cooking water (CW)

386 The study of CW indicated that all phenolic compounds were leached after
 387 boiling (Table 2, Figure 2). The analysis of variance of phenolic content in CW showed
 388 that in turnip greens there were significant differences among cooking methods for total
 389 phenolics content and for most of phenolic compounds ($P \leq 0.01$). On the contrary, the
 390 analysis of turnip tops did not show differences among cooking methods, which means
 391 that the amounts of phenolic compounds recovered were not significantly different from
 392 the initial phenolic content of the fresh vegetable. Results showed that total flavonoid
 393 recoveries were 100% in steaming samples. After cooked at high-pressure and
 394 conventional boiling increases from 5 to 70% in CW in both plant organs were found
 395 (Table 2, Figure 2). The deacylated compounds F1, F6 and F7 are the main contributors
 396 to the increase in the concentration of flavonoids in CW respect to the fresh portion due
 397 to a greater amount of these flavonoids into the processing water. The high retention of
 398 these compounds may be due the conversion of acylated flavonoids into their
 399 glycosylated form. Contrary to this, some hydroxycinnamic acids were lost during the
 400 cooking process (Table 2, Figure 2). In turnip greens, after high-pressure only a 32% of
 401 total quinic acids derivatives were recovered while in turnip tops increased the amount
 402 of 3CQAc and 3pCoQAc specially in CW of high-pressure cooking. Total sinapics in

turnip greens were recovered by 80%, 32%, and 18% after steaming, high-pressure, and conventional boiling, respectively. In turnip tops, almost all hydroxycinnamic acids were recovered. Total phenolics levels were recovered almost 100% in both plants organs except after high-pressure cooking. Traditional home cooking of turnip greens and turnip tops is carried out under long cooking times. Zhang and Hamauzu (2004) showed that a 10-fold (from 0.5 to 5 min) prolongation of the conventional cooking time caused up 2-fold total phenolic losses in broccoli and, therefore stability of phenolics strongly depended on cooking time.

411

412 3.3. Effect of cooking on Vitamin C

413 The concentration of vitamin C (ascorbic acid, the predominant form of vitamin C) was
414 dramatically reduced by the processing method. The content of vitamin C in fresh turnip
415 greens and turnip tops was 62 mg/100g fw and 46 mg/100g fw, respectively. Similar
416 results were described by Mondragón-Portocarrero et al. (2006) in fresh turnip greens.
417 The fresh material suffered various manipulations before analysis (i.e., freezing, freeze-
418 drying, and grounding) that definitively affected the content of vitamin C in the samples
419 causing a dramatic lost respect to the fresh material (96%). With respect to cooked
420 samples, as expected, vitamin C was decreased after all cooking methods. After
421 steaming treatment, the loss was 64% respect to untreated fresh material and after high-
422 pressure and conventional boiling, vitamin C was not found in the edible parts.
423 Mondragón-Portocarrero et al. (2006) reported loss by 61% after blanching turnip
424 greens in water for 2 min. Other authors showed that the content of ascorbic acid in
425 broccoli declined dramatically during cooking (Vallejo, Tomás-Barberán & García-
426 Viguera, 2002; Zhang & Hamauzu, 2004) having the cooking time a higher influence on
427 ascorbic acid level than any cooking method (Zhang & Hamauzu, 2004). The results

obtained in the present study showed that the content of ascorbic acid not only was declined dramatically during the cooking but also in the process of sample handling.

4. CONCLUSIONS

Brassica foods include different crops such as cabbage, cauliflower, broccoli, Brussels sprouts, turnips and kale. These vegetables are consumed all year around, and represent worldwide used ingredients of different salads either as raw or frozen vegetables or after domestic processing (cooking). Conventional methods of cooking reduce the intake of potentially health-promoting compounds. Most of reports that studied the effects of cooking methods on *Brassica* vegetables are focused mainly on the preservation of total GLS and phenolic compounds. In this work we conducted a comprehensive study about more than 20 individual GLS and phenolic compounds. The quantification was carried out with a multipurpose method for the simultaneous identification of GLS and phenolics. Results have given us information on the effect of cooking on flavonoids levels, some of them have been studied for first time in this work. It can be concluded that steaming cooking resulted in high retention of the GLS and phenolic compounds. No contact of the vegetables with water during steaming prevents leaching and solubilization of these metabolites in the cooking water. The other two methods caused similar loss rates, although in high-pressure method, plant material was less time into contact with water. Varieties were affected in the same way by the cooking methods.

In this study we found that the greatest loss of vitamin C happened throughout sample management. This indicates that not only the cooking process but also the manipulation affects the retention of ascorbic acid in the tissues, due to its high degree of water solubility and low stability.

452 Thus, an appropriate method might be sought for *B. rapa* domestic processing is
453 key to better retain its nutritional value at the maximum level. Our study may help
454 consumers to make their choice of the cooking practices to retain the nutritional quality
455 of turnip greens and turnip tops. In this regards, it is likely that *B. rapa* vegetables
456 cooked by steaming will be better for human consumption than other cooking methods.
457 Although since both phenolic compounds and GLS were present in high quantities in
458 the cooking water after boiling and high-pressure, the use of this water for either soups
459 or gravies should also be considered for increasing the intake of these health-beneficial
460 compounds into the diet.

461

462

463

464

465 **Acknowledgements**

466 Research supported by the Xunta de Galicia (PGIDIT06RAG40302PR) and Excma.
467 Diputación Provincial de Pontevedra. Marta Francisco acknowledges an I3P fellowship
468 from the CSIC. The authors thank Rosaura Abilleira and Susana Calvo for all the
469 invaluable help in the laboratory work.

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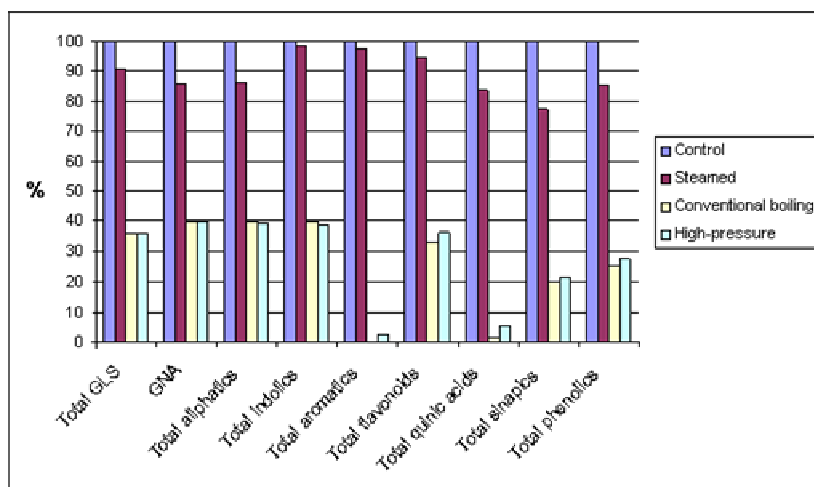
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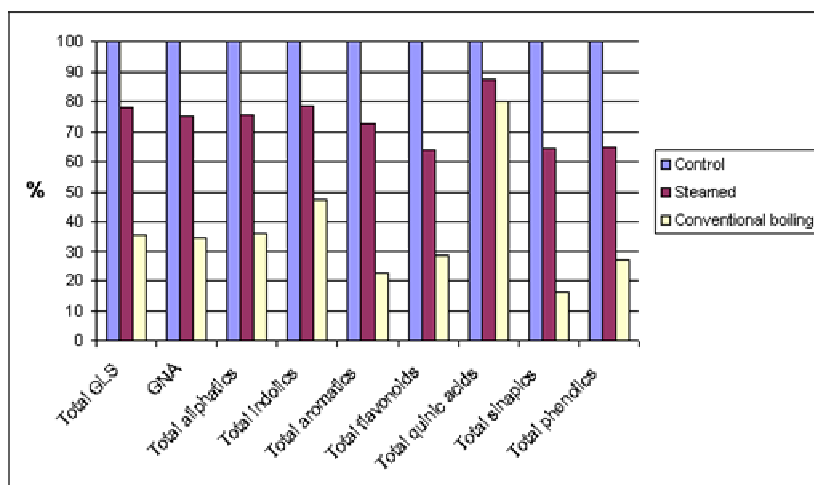
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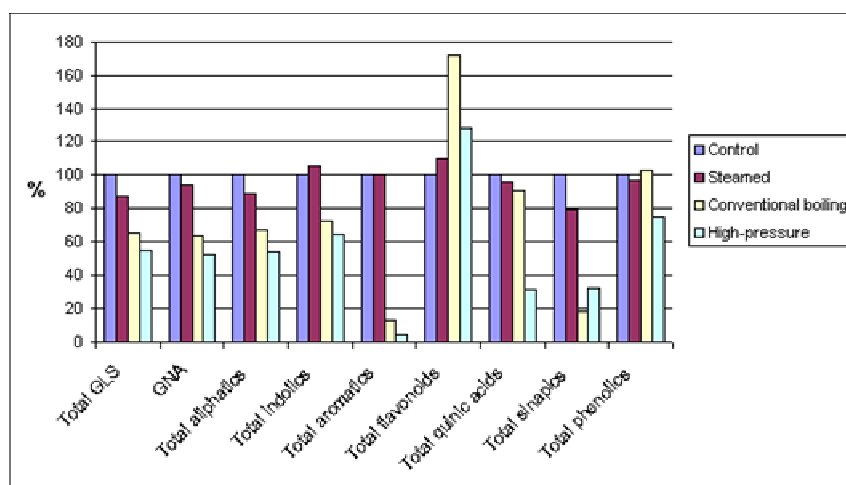
Figure 1. Content (% of the fresh uncooked control) of the main compounds after different cooking methods in the edible parts of turnip greens (a) and turnip tops (b).

Figure 2. Content (% of the fresh uncooked control) of the main compounds after different cooking methods in CW turnip greens (a) and CW turnip tops (b).

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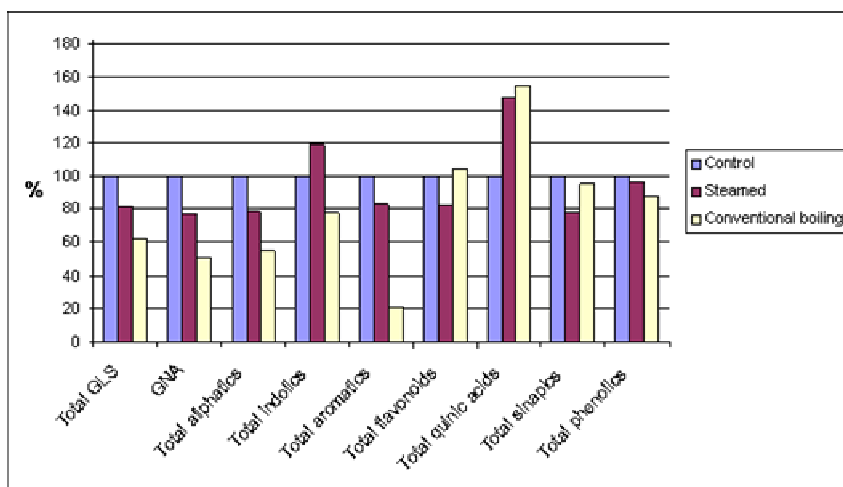


Table 1. Mean ($\mu\text{mol/g}^{-1}$ dw) for the individual and total GLS, flavonoid and hydroxycinnamic acid content in turnip greens and turnip tops before (control) and after three cooking methods.

	Turnip greens					Turnip tops			
	Contr ol	Steami ng	Conventio nal boiling	High- pressu re	LS D (5 %)	Contr ol	Steami ng	Conventio nal boiling	LS D (5 %)
GLS									
PRO	0.83a	0.57ab	0.30bc	0.23c	0.28	0.13a	0.12a	0.05a	0.44
GNA	6.27a	5.38b	2.48c	2.49c	0.80	7.25a	5.43a	2.48b	2.47
GBN	1.44a	1.43a	0.61b	0.63b	0.28	1.31a	1.01a	0.60b	0.44
Total aliphatics	8.55a	7.38b	3.38c	3.35c	1.12	8.69a	6.56a	3.13b	2.08
4-OHGBS	0.47b	0.87a	0.09c	0.26c	0.26	0.42a	0.40a	0.00a	0.37
GBS	1.50a	1.14b	0.35ce	0.20c	0.17	1.54a	0.90b	0.52b	0.42
NGBS	1.24a	1.16a	0.83b	0.80b	0.21	1.18a	1.16a	0.97a	0.25
Total indolics	3.21a	3.17a	1.27b	1.25b	0.40	3.14a	2.46b	1.49c	0.45
GNT	1.23a	1.20a	0.00b	0.03b	0.18	1.21a	0.88a	0.27b	0.52
Total GLS	12.99a	11.80a	4.66b	4.64b	1.32	12.84a	10.02b	4.56c	2.75
Flavonoids									
F1	2.18a	2.32a	0.85b	0.89b	0.31	2.00a	1.48a	0.65b	0.01
F2	1.85a	1.67a	0.57b	0.57b	0.22	1.47a	1.21a	0.51b	0.28
F3	1.23a	1.41a	0.16c	0.65b	0.27	1.93a	1.44a	0.60b	0.49
F4	1.44a	1.38a	0.50b	0.64b	0.20	1.75a	1.22a	0.57b	0.56
F5	0.96a	0.86a	0.40b	0.19c	0.17	0.97a	0.37b	0.11b	0.35
F6	1.75a	1.47a	0.78b	0.78b	0.52	2.14a	1.37b	0.70c	0.62
F7	3.29a	3.55a	1.32b	1.28b	0.46	1.76a	1.15ab	0.52b	0.71
Total flavonoids	13.85a	13.10a	4.58b	5.00b	1.63	13.10a	8.40b	3.70c	3.13
Hydroxycinnamics									
3CQAc	0.41a	0.31b	0.01c	0.03c	0.06	0.19a	0.33a	0.16a	0.21
3pCoQAc	0.33a	0.32a	0.00b	0.01b	0.05	0.15a	0.26a	0.16a	0.19
Total quinic acids	0.75a	0.63b	0.01c	0.04c	0.09	0.40a	0.35a	0.32a	0.39
SA	12.27a	9.58b	3.04c	3.26c	1.58	0.68a	0.52a	0.25b	0.18
A1	1.48a	0.93b	0.14c	0.07c	0.30	0.21a	0.13b	0.00c	0.46
A2	1.73a	1.60a	0.12b	0.19b	0.3	0.25a	0.17a	0.00b	0.0

					0				9
A3	1.68a	0.51b	0.01c	0.03c	0.1		0.17a	0.14a	0.00b
					1				1
A4	0.43a	0.24b	0.03c	0.04c	0.0		0.08a	0.01b	0.00c
					8				1
Total sinapics	16.59	12.86b	3.33c	3.60c	0.6		1.78a	1.15b	0.29c
	a				2				5
Total phenols	31.51	26.87b	7.93c	8.67c	3.3		14.80	9.60b	4.02c
	a				7		a		3

PRO: progoitrin; GNA: gluconapin; 4-OHGBS: 4-hydroxyglucobrassicin; GBN: glucobrassicinapin; GBS: glucobrassicin; GNT: gluconasturtiin; NGBS: neoglucobrassicin; F1: kaempferol-3-O-sophoroside-7-O-glucoside; F2: kaempferol-3-O-(caffeoyl)sophoroside-7-O-glucoside; F3: kaempferol-3-O-(sinapoyl)sophoroside-7-O-glucoside; F4: kaempferol-3-O-(feruloyl)sophoroside-7-O-glucoside; F5: kaempferol-3-O-(p-coumaroyl)sophoroside-7-O-glucoside; F6: kaempferol-3,7-di-O-glucoside; F7:isorhamnetin-3,7-di-O-glucoside; 3CQAc: 3-caffeoyl quinic acid; 3pCoQAc: 3-p-coumaroylquinic acid; SA: sinapic acid; A1: 1,2-disinapoylgentiobioside; A2: 1-sinapoyl-2-feruloylgentiobioside; A3: 1, 2, 2'-trisnapoylgentiobioside; A4: 1,2'-disinapoyl-2-feruloylgentiobioside
Means with the same letter in the same row are not significant different.

Table 2. Mean ($\mu\text{mol/g}^{-1}$ dw) for the individual and total GLS, flavonoid and hydroxycinnamic acid content in CW of turnip greens and turnip tops as compared to the uncooked tissue (control) and after three cooking methods.

	Turnip greens					Turnip tops			
	Control	Steaming (CW)	Conventional Boiling (CW)	High-pressure cooking (CW)	LS D (5 %)	Control	Steaming (CW)	Conventional Boiling (CW)	LS D (5 %)
GLS									
PRO	0.83a	0.63ab	0.56ab	0.29b	0.38	0.13a	0.22a	0.10a	0.47
GNA	6.27a	5.44a	4.05b	3.40b	0.93	7.25a	5.58b	3.68c	2.70
GBN	1.44a	1.52a	1.13a	0.90a	0.25	1.31a	1.07a	0.97a	0.49
Total aliphatics	8.55a	7.59a	5.74b	4.59b	0.95	8.69a	6.87b	4.75c	2.10
4-OHGBS	0.47a	0.93a	0.38a	0.57a	0.29	0.42a	1.15a	0.23a	0.27
GBS	1.50a	1.23b	0.62c	0.43c	0.27	1.54a	1.16a	1.01a	0.57
NGBS	1.24a	1.21a	1.32a	1.06a	0.25	1.18a	1.44a	1.20a	0.20
Total indolics	3.21a	3.37a	2.32b	2.06b	0.46	3.14a	3.75a	2.44b	0.62
GNT	1.23a	1.27a	0.16b	0.05b	0.20	1.21a	1.01a	0.26b	0.49
Total GLS	12.99a	12.26a	8.24b	6.71c	1.51	12.84a	10.42a	7.93b	3.10
Flavonoids									
F1	2.18b	2.61b	4.20a	4.50a	0.54	2.00a	2.30a	2.45a	0.86
F2	1.85a	1.91a	1.74a	0.79b	0.64	1.47a	1.10a	1.89a	0.70
F3	1.23b	1.44ab	1.90a	1.18b	0.61	1.93a	1.44a	1.07a	0.45
F4	1.44b	1.74ab	2.16a	1.33b	0.59	1.75a	1.22a	1.13a	0.58
F5	0.96a	1.09b	1.98a	0.47c	0.49	0.97a	0.51a	0.37a	0.61
F6	1.75b	1.83b	4.13a	3.63a	0.92	2.14a	2.01a	2.96a	0.72
F7	3.29c	4.02c	6.90a	5.35b	1.11	1.76a	1.52a	1.84a	0.62
Total flavonoids	13.85b	15.20b	23.81a	17.76b	4.10	13.10a	10.75a	13.40a	3.13
Hydroxycinnamics									
3CQAc	0.41a	0.35a	0.24ab	0.10b	0.17	0.19a	0.33a	0.30a	0.22
3pCoQAc	0.33a	0.37a	0.44a	0.14b	0.14	0.15a	0.26a	0.32a	0.24
Total quinic acids	0.75a	0.72a	0.68a	0.24b	0.31	0.40a	0.59a	0.62a	0.46
SA	12.27a	9.74b	5.07c	4.72c	1.65	0.68a	0.75a	1.40a	0.28
A1	1.48a	0.96c	0.26c	1.11b	0.32	0.21a	0.13a	0.04a	0.09

A2	1.73a	1.64a	0.36b	0.27b	0.34	0.25a	0.16a	0.06a	0.09
A3	1.68a	0.54b	0.20c	0.12c	0.14	0.17a	0.14a	0.07a	0.10
A4	0.43a	0.24b	0.15b	0.18b	0.11	0.08a	0.07a	0.01a	0.03
Total sinapics	16.59a	13.11b	3.04c	5.40c	1.96	1.78a	1.38a	1.70a	0.50
Total phenols	31.51a	30.40a	32.40a	23.44b	5.08	14.80a	14.20a	13.00a	3.33

PRO: progoitrin; GNA: gluconapin; 4-OHGBS: 4-hydroxyglucobrassicin; GBN: glucobrassicinapin; GBS: glucobrassicin; GNT: gluconasturtiin; NGBS: neoglucobrassicin; F1: kaempferol-3-O-sophoroside-7-O-glucoside; F2: kaempferol-3-O-(caffeoyl)sophoroside-7-O-glucoside; F3: kaempferol-3-O-(sinapoyl)sophoroside-7-O-glucoside; F4: kaempferol-3-O-(feruloyl)sophoroside-7-O-glucoside; F5: kaempferol-3-O-(p-coumaroyl)sophoroside-7-O-glucoside; F6: kaempferol-3,7-di-O-glucoside; F7:isorhamnetin-3,7-di-O-glucoside; 3CQAc: 3-caffeoyl quinic acid; 3pCoQAc: 3-p-coumaroylquinic acid; SA: sinapic acid; A1: 1,2-disinapoylgentiobioside; A2: 1-sinapoyl-2-feruloylgentiobioside; A3: 1, 2, 2'-trisinapoylgentiobioside; A4: 1,2'-disinapoyl-2-feruloylgentiobioside
Means with the same letter in the same row are not significant different.